



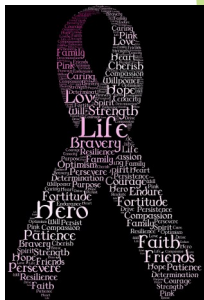
The Benefits Bulletin

Statewide Benefits Office

October 9, 2020

Breast Cancer Awareness Month

Facing a cancer diagnosis can be stressful. It may leave you with questions about how to navigate life with this diagnosis. Some patients develop symptoms while others may not show symptoms until the disease has progressed. Although breast cancer is typically found in female patients and reported as their second highest cause of death, it is important to note that male patients can also develop breast cancer. The best line of defense is to ensure you are completing monthly self-breast exams and scheduling yearly mammogram appointments if you are age 40 and older (if you have a family history, check with your provider about the need for getting screened sooner). Visit the NEW [Cancer Resources page](#) on the SBO website for information on covered screenings, programs and tools available to help you prevent and/or control cancer.



Get Your Flu Shot

COVID-19 has us all navigating through the uncertainties of life; however, experts are saying that getting a flu shot this year will be more important than ever. The CDC is recommending that all people six months and older get a yearly flu shot in order to reduce the spread of the flu virus. As a State of Delaware member, you can obtain a flu shot at no cost when using Highmark Delaware/Aetna health plan or Express Scripts prescription plan at the following locations:

- Local participating network pharmacies, including Walgreens, Rite Aid and CVS Pharmacy
- Primary Care Provider (PCP) office

Contact your pharmacy or PCP office before going to see if an appointment is required to receive a flu vaccine.

Employees and their dependents (age nine and older) without insurance or those on Medicaid or Medicare may receive a flu vaccine at clinics offered in their community or at their local Public Health clinic. Visit the [Delaware Division of Public Health](#) website for the clinic schedule.

Hidden Treasures Find the hidden code on the Cancer Resources page on our website and email the code to sbo.communications@delaware.gov (Subject: Hidden Treasures). A random drawing from all correct responses received by the end of the month will be conducted for a prize. Congratulations to last month's winner, Michelle S., Dept. of Natural Resources and Environmental Control!

National Dental Hygiene Month

Practicing good dental hygiene is more than just having a great smile, it also effects your self-esteem, eating habits, daily performance at work or school and more importantly, your overall health. Some signs of poor oral hygiene are cavities (tooth decay), gum disease or cancer. In the United States, there are numerous children and adults living with untreated cavities which can cause pain, infections, and difficulties eating, speaking, or attending school or work due to unexpected dental appointments. Here are some ways to improve you and your family's dental health:

- Brush your teeth twice a day
- Floss
- Drink tap water with fluoride
- Visit your dentist twice a year for cleanings and call your dentist if you experience pain.

As we approach fall, we want you to enjoy pumpkin spice novelties, candy and other goodies. However, keep in mind that you must continue to practice good dental hygiene - especially after indulging in sweets. Visit the [CDC website](#) for more information.

Healthy Babies Month - Maternity Support

Starting a family can be both a wonderful and anxious time. It may leave you with lots of questions and/or information overload. The March of Dimes recognizes Healthy Babies Month in order to educate medical professionals and the public about best practices, support lifesaving research, and advocate for moms and babies. You can find more information on the [March of Dimes](#) website. There are also several resources available to State of Delaware health plan members. Visit the NEW [Maternity Support Resources page](#) on the SBO website for information on programs, services and tools available to help you manage your pregnancy.

